AGE IS SOFTENING MY EDGES

1. After loving my parents, my siblings, my spouse, my children and my friends, I have now started **loving myself**.

2. I have realized that I am not Atlas. The world does not rest on my shoulders.

3. I have stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter’s school fees.

4. I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.

5. I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane & relive their past.

6. I have learned not to correct people even when I know they are wrong. **The onus of making everyone perfect is not on me.** Peace is more precious than perfection.

7. I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."

8. I have learned not to bother about a crease or a spot on my shirt. **Personality speaks louder than appearances.**

9. I walk away from people who don't value me. They might not know my worth, but I do.

10. I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat & **neither am I in any race.**

11. I am learning not to be embarrassed by my emotions. **It’s my emotions that make me human.**

12. I have learned that it's **better to drop the ego than to break a relationship.** My ego will keep me aloof, whereas with relationships, I will never be alone.

13. I have learned to live each day as if it's the last. After all, it might be the last.

14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

Lifted in part from Chairnet post by Chuck Alvey 2/22/21.
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